Carolina Country

NOVEMBER, 1972

I enjoy your magazine very much and I always read it. There is always something in it of interest and you always include an article informing the public of some bill before the legislature or some of the facts about a law the consumer should know. One can't afford to go to a lawyer about everything he wonders about. Others don't have publications that do anything like that. All they seem interested in is raising their rates. Yet, they call themselves public utilities. It seems they are more interested in serving their bank accounts than the public.

Thank you, we think you all do a good job.

Betty Thomas
Rt. 5, Durham

On behalf of this CAA, I want to extend our commendations on your September, 1972, issue and in particular the following: Editorial; article on "Community Resource Development," and article on Veterans' needs. I do hope that you will do some features on local CAAs and their efforts, which relate to all three of these excellent articles.

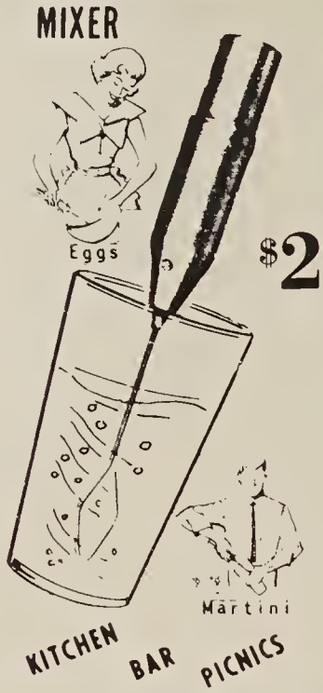
Jimmie R. Hutchens
Executive Director
Yadkin Valley Economic Development District Inc., Boonville

I find it hard to believe that so many enjoy the Carolina Country. Every month that it comes to my house, I find the only thing that my 18 & 16 year old girls read is the jokes.

Donald Knox
Rt. 2, Huntersville

We're pinning your letter to the wall in front of our typewriter as a reminder to keep trying harder to please *all* our readers.

BATTERY POWERED MIXER



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Your EMC's Magazine

James A Chaney, Editor

Edward E. Brown, Jr
Associate Editor Advertising Manager

Brenda Sargent
Carolina Homemaker Editor

Official Publication
North Carolina Electric
Membership Corporation
J C Brown, Jr General Manager

COVER - The old Moravian kitchen in the restored Tavern at Old Salem once provided food and lodgings for George Washington. Today its rich, mellow colors, subtle shadows and varied earthy textures recall the spirit of those bygone days. It is a room into which the skill, hard work and love of our ancestors have been poured, producing a lasting tribute to their simple faith and love of beauty. Somehow, this room appropriately expresses the joy and thankfulness, the warmth and companionship of this Thanksgiving season. Photo from the State Travel and Promotion Division.

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CAROLINA COUNTRY (formerly THE CAROLINA FARMER) IS PUBLISHED MONTHLY BY NORTH CAROLINA ELECTRIC MEMBERSHIP CORPORATION. SECOND CLASS POSTAGE PAID AT RICHMOND, VA., 23219. EDITORIAL OFFICES, SUITE 911, BRANCH BANK BUILDING, RALEIGH, N C. 27602. POSTMASTER, SEND FORM 3579 TO BOX 1699, RALEIGH, N C 27602 EMC GROUP SUBSCRIPTIONS. 75 CENTS A YEAR, INDIVIDUALS $1 ADDRESS ALL MAIL TO CAROLINA COUNTRY, BOX 1699, RALEIGH, N.C. 27602

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Read Monthly in More Than 210,000 Homes.
Vol. 4 No. 11 November, 1972

It's Up To The Administration

The Rural Development Act of 1972 is the most far-reaching and important rural development legislation ever passed by Congress. But it will accomplish little unless the Administration makes full use of its provisions.

What the Administration does will depend on what rural people and their organizations do to urge the President and the Secretary of Agriculture to translate the Act into action.

Vigorously implemented, the Rural Development Act could revitalize rural America. It creates for the first time within a single federal agency, the U.S. Department of Agriculture, a complete package of rural development tools including financing of job-creating enterprises, unlimited financial resources and the authority to deal with rural America's staggering needs. Whether the tools and resources will be effectively applied to the needs depends on Mr. Nixon and Secretary Butz.

As of the time this was written, Administration officials had not issued an official interpretation of the Act. They were, however, preparing guidelines and regulations.

Although the Act provides $367 million in new and additional grant authorizations, its most significant feature is the provision it makes for two kinds of loans - guaranteed and insured.

The loans can be used to finance any job-creating or community facility project essential to rural development. Eligible applicants include public bodies, non-profit associations, cooperatives, profit corporations, individuals and Indian tribes.

In the language of the Act, the loans can be made for "improving, developing, financing business, industry and employment and improving the economic and environmental climate in rural communities including pollution abatement and control." and for "essential community facilities including necessary related equipment."

The National Rural Electric Cooperative Association and its member systems played a major role both in developing provisions of the Act and in helping to get it passed.

Secretary Butz has been quoted as promising USDA will carry out the provisions. Rural Americans will do well to make sure the promise is kept.

Jim Chaney

INSIDE CAROLINA COUNTRY

a commentary by J.C. Brown Jr., general manager, North Carolina Electric Membership Corporation.

Power Firms Begin New Round of Rate Hikes

DUKE POWER COMPANY on August 23 placed into effect a "fuel adjustment" clause which will cost its wholesale customers $5.6 million in the next year. Among the customers are seven rural electric cooperatives which purchase power from the company for resale to their members.

N.C. EMC, on behalf of these cooperatives, is opposing the fuel clause before the Federal Power Commission, which permitted the interim increase pending a ruling based upon the merits of the application. Hearings were begun in Washington the last week of September.

Late in September, VEPCo notified its wholesale customers, including five eastern North Carolina rural electric cooperatives, of its plans to file for a rate increase that could range as high as 48 per cent. N.C. EMC, and Old Dominion Electric Cooperative, which represents Virginia co-ops in power supply matters, are studying the proposed increase.

Congress Votes REA Loan Funds But Will They Be Available?

CONGRESS HAS APPROVED, and the President has signed, an appropriations bill calling for $595 million for REA electric loans this fiscal year. The appropriation is $157 million above the Administration's budget request, and REA friends predict that once again the co-ops face a tough fight to get the President to release the funds, which are needed for capital improvements and extensions. Total capital needs for fiscal '73 are predicted to amount to $1.3 billion. About $321 million of this will be sought from non-Federal financing through the cooperatives' self-owned bank, known as CFC.

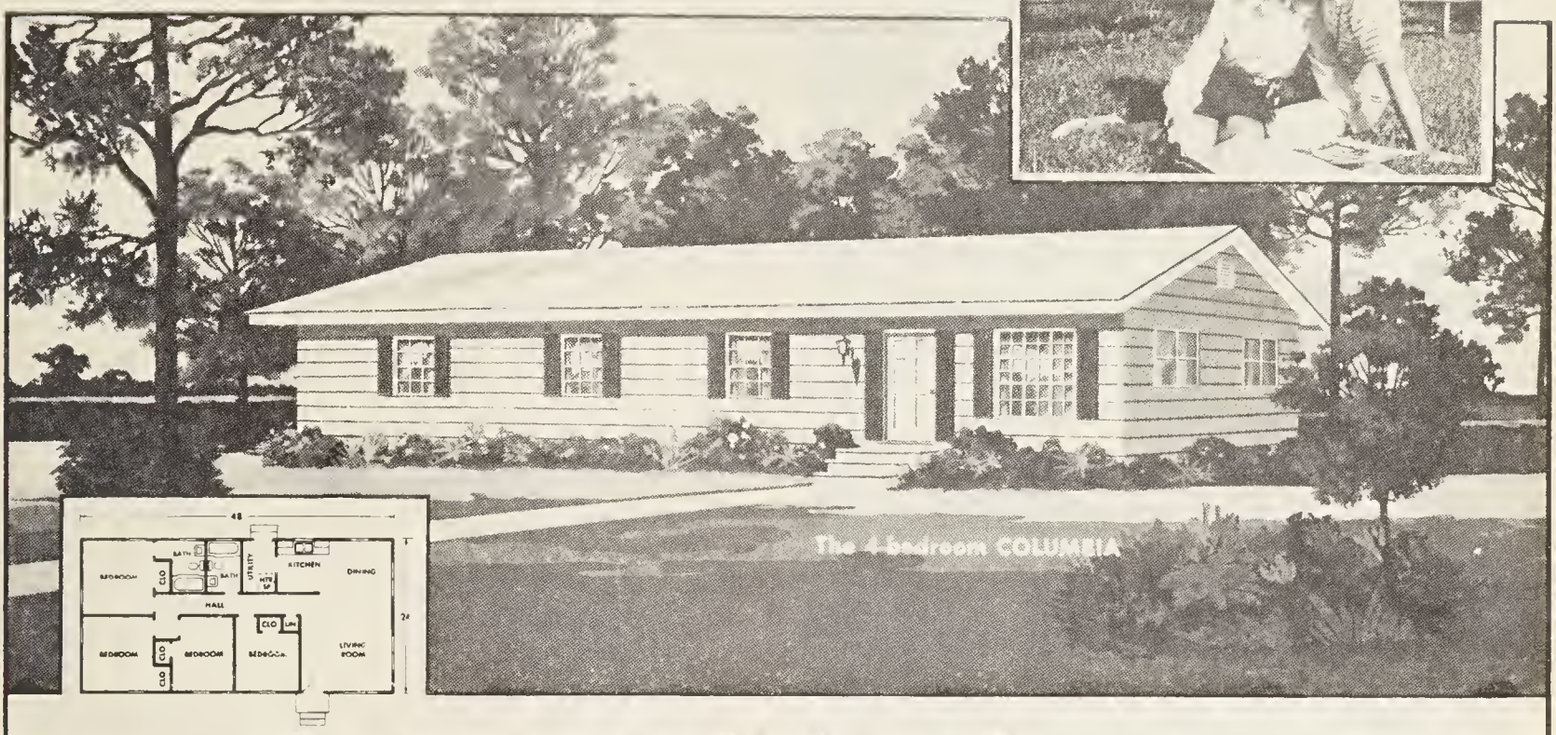
Despite a backlog of feasible loan applications at REA at the end of the last fiscal year, the Administration impounded $107 million of the loan money made available by Congress. Most of North Carolina's congressmen and many others from throughout the country appealed to the President for release of the funds without success.

Where Should Money for Depressed Areas Be Spent?

PREVAILING SENTIMENT among most planners working to rehabilitate depressed rural areas is that the money is best spent in "growth centers" adjacent to the suffering countryside. According to a publication of the Rural Housing Alliance of Washington, the idea of the Economic Development Administration was that "development would be more feasible (and cheaper) in such (growth) places and would have an indirect impact on the adjacent distressed areas as well as providing an alternative to migration to larger metropolitan centers."

The bulletin reports that a recent evaluation of this strategy by the Commerce Department, and a separate study by the EDA, isn't encouraging. Growth center projects were no more efficient in job creation than those in distressed counties themselves and it would appear more cost-effective to locate the projects directly in the distressed counties. Neither was there evidence that the growth center projects had an impact on adjacent distressed counties, and effect on out-migration was negligible. The programs may have been administered more for the benefit of the growth centers themselves than for the adjacent depressed areas.

What do you want...a low cost, quality built home?



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All of this adds up to one thing. You want a low cost two, three or four bedroom home? If you own property on which to build, nothing is stopping you. And, if you want to keep costs even lower we'll stop at almost any stage of interior completion . . . you finish the rest. Do as much of the inside work as you like . . the more you do, the more you save. We'll even furnish the material and include the cost in your mortgage payments.

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Every

A worker picks apples from the trees of a Henderson Area orchard and places them in the sack hung over his shoulders. They will later be transferred to the wooden crate in the background and carried to the packing house.

From the side of the hill, as far as the eye could see, apple orchards covered the rolling countryside – the trees bent to he ground with ripe fruit. The sound of heavy machinery droned somewhere in he distance and off to one side a cloud of white dust rose from the treetops. Workers appeared from time to time out of the trees to reposition their ladders and empty their sacks into large crates spaced up and down grassy rows.

The scene of all this industrious and somehow pastoral productivity – a scene that is repeated many times throughout some 24 counties – is not Virginia, Michigan or Washington State, but North Carolina's own apple growing highlands.

Apples are the biggest fruit income crop in North Carolina – they are a $10 million a year business. This year growers expect to harvest about 6 million boxes, considerably above the 1971 crop of 4.4 million boxes. Don't be surprised if you didn't know this – many of the state's residents don't!

North Carolina grows as good an apple as anywhere else in the nation. In fact the eastern apple has been said to be juicier than western apples. One thing is for sure, a bite from a ripe Golden Delicious plucked right off a North Carolina tree was he sweetest and juiciest apple this person has ever eaten!

North Carolina apples, which have the good fortune to be the first to hit the national market each year, are mostly of four varieties: Rome Beauty, Stayman, Red Delicious and Golden Delicious. The first two varieties are best used for general cooking and baking, while the Red Delicious and Golden Delicious are best served raw.

Employees at a Bushy Mountain Area co-op packing house, sort apples according to size and grade as they are polished by revolving brushes.

Bite's Delicious!

Our apples are marketed through about 25 to 30 North Carolina packing houses, several of which are cooperative enterprises. The bulk of the crop is sold from about August 17 through October 1; however, apples are available from some packing houses until spring through the use of cold storage.

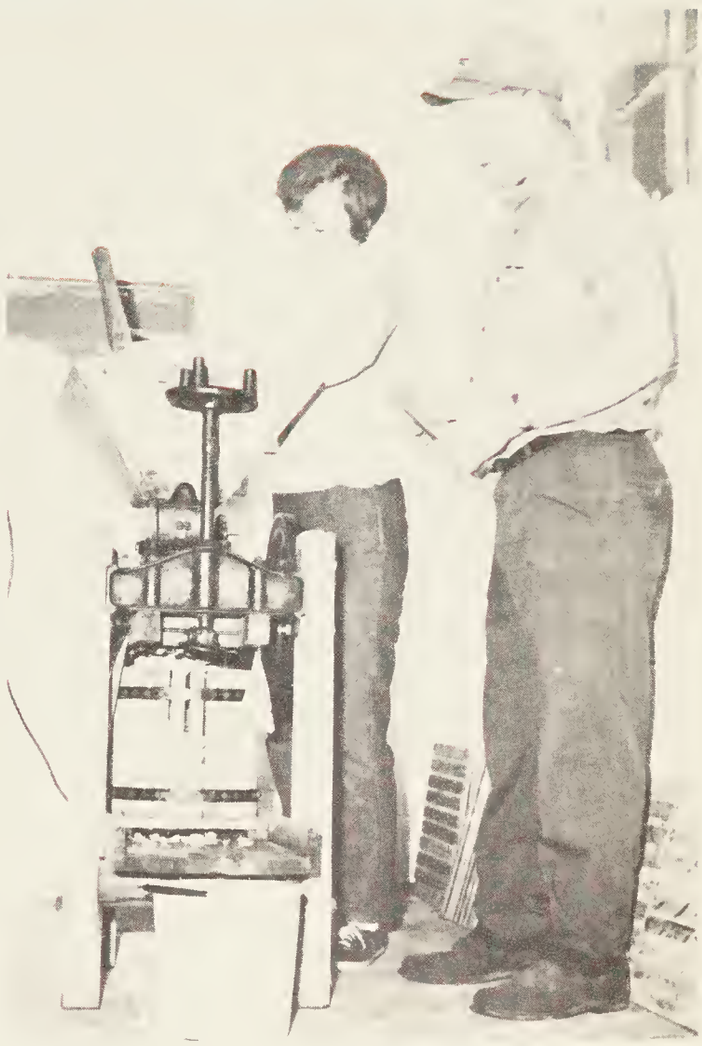
Major outlets for North Carolina apples are in the South, but being one of the first suppliers of fresh apples, we move many to northern markets and Canada. South America has also been a good market for the fruit.

The apple growing business has come a long way over the past years. In the 19th century and before, apples were marketed through buyers who stopped at a farm and took all the apples a grower had to sell, packing them on the backs of mules, and later in railroad cars, then travelling on into South Carolina and Georgia selling until the apples ran out. Needless to say, the apple grower was quite at the mercy of these buyers. When roads were improved, trucking companies took over the work of the railroads acting the part of the middle man. Today, through the combined efforts of the state's growers, co-op and privately owned packing houses sort, grade and sell North Carolina apples directly to the markets and major super market chains.

Like all big businesses there are considerable risks involved. An apple grower must always keep one step ahead of the markets he supplies, be up on the latest technicological advances in the industry and be ready to fight Mother Nature at a moment's notice. His headaches are the result of worrying about an early frost or hail which could ruin a whole crop; trying to anticipate which variety of apple will be in demand 5 to 7 years hence and have apple trees producing that apple when the time comes; deciding whether or not at a given time to invest in new equipment and machinery in order to hold his margin of profit; finding labor; and finally, finding the time to maintain his orchards which will need pruning, 15 to 16 sprayings, weedings and replanting, not to mention harvesting each year.

It is a year around occupation – but an increasingly rewarding one for North Carolina growers.

Brenda Sargent



Pink Francis, president of the North Carolina Apple Growers Assn., looks on while his wife runs her apple cider press. Mrs. Francis has recently gone into the cidar making business on her own and is awaiting the completion of her fully mechanized cidar press.

Perry Lowe, a Bushy Mountain Area grower, stands beside boxes of apples ready for market in the cold storage room of his packing house, Perry Lowe & Sons in Moravian Falls.

Sewage Drainage Raises Down-to-Earth Problems

By Frank Jeter, Jr.
Soil Conservation Service

Most hunters believe that a repeating shotgun is a better weapon than a single shot, on grounds that your hunting will be more rewarding if you can take more than one shot.

Much of the same viewpoint prevails among several community leaders in Edgecombe County seeking to solve the knotty problem of better living standards through more adequate sewage disposal for rural residences

Like many areas in the Coastal Plain of North Carolina, Edgecombe has a lot of land with a high water table. This makes some sites unsuitable for septic tank installation. But problems arise when some people want to build houses even in suitable areas. A newer part of the problem covers mobile homes – which can be towed to a site, hooked to some sort of sewage outlet, and be in business.

There is no firm ordinance or building code which prohibits such activities, even though Edgecombe has had a septic tank ordinance for 20 years.

Cooperative Effort

But now a cooperative effort among several county leaders is paying off, and resulting in an improved standard of living for the whole county.

One of the first to become concerned about the problem was a man who supplies rural electricity. G. Leslie Rucker, general manager of Edgecombe-Martin County Electric Membership Corporation. Despite its name, the cooperative he manages serves parts of Pitt, Nash, Beaufort, Wilson, Bertie and Halifax Counties, as well as Edgecombe and Martin.

Rucker says, "We can't be satisfied to sell electricity to the people and quit."

So he began to talk to the County Health Department, the State Board of Health, the USDA-Soil Conservation Service, the Rural Development panel, the Water Resources Research Institute, and others who were also concerned.

The conferences resulted in action.

The electric cooperative began to inform the County Health Department when an electrical connection was being made and there seemed to be some evidence of a septic tank problem.

Soil Survey

At the same time, the USDA-Soil Conservation Service was beginning a progressive soil survey of the entire county which has now mapped more than 200,000 acres out of a total of 327,000 in the county. District Conservationist Rad Bailey of SCS has been providing soil maps to county commissioners and to the Health Department. The maps show the location of soils that are unsuitable for septic tank filter fields, along with a wealth of other soils information.

Soil Scientist Andy Goodwin, Jr. says that when limitations are found, they fall into two main categories: Soils are too wet because of a high water table, or else are so clayey that permeability is not sufficient to allow water to filter through. In addition, some soils are very sandy.

"In these sandy soils," says Goodwin, "a septic tank will seem to work but they do not adequately filter the effluent and may cause contamination of the water supply."

An expert evaluation is necessary, and fortunately is available now.

An example of the danger facing homeowners is shown in one well-built dwelling, built at a cost of $20,000 – but on unsuitable land. The house

Privies like this still serve a number of families in rural areas, although modern facilities are gaining.

Except for the absence of windows, this building looks like a residence. It houses a modern sewage disposal plant capable of serving several hundred dwellings. Such plants can be "tailored" to the size of a residential development.

Before building an attractive residential subdivision like his one in Eastern North Carolina, builders can utilize soils map data to determine suitability for septic tank filter fields.

cannot be used as a dwelling, and will probably be moved. A number of other dwellings have been moved to suitable sites in Edgecombe County.

Martin Sasser, sanitation supervisor for the Health Department, says that the data provided by the soil survey is "an invaluable tool," even though the survey is not yet complete.

The maps can provide exact information on whether or not a septic tank filter field will perform adequately or poorly.

Turned Down

"We use those maps," says Sasser, "on both subdivisions and on individual houses. We have approved a good many. But we have turned down some proposed subdivisions, categorically, and some individual home sites."

As the effort has advanced, more people are becoming involved. Mortgage lenders are now interested in the problem. The Farmers Home Administration, says Martin Sasser, "has been very cooperative in our program. And if people can't borrow money for a house, because they have picked the wrong site, that is a very effective control. And now we are getting private lending offices, with their conventional loans, to require a Certificate of Approval stating that both the well and septic tank should function well."

There is now a consensus that a problem does exist, but that progress is being made. Extension Chairman Joe Terry, who heads the Rural Development panel, recalls that in March, 1972, the panel voted to investigate the possibility of an ordnance to prohibit electrical hook-ups if a proper sewage system is not available. Leslie Rucker raised the question.

The RD Panel has also written the Edgecombe County commissioners, voicing its combined concern over the solid waste problem.

Relic From Past

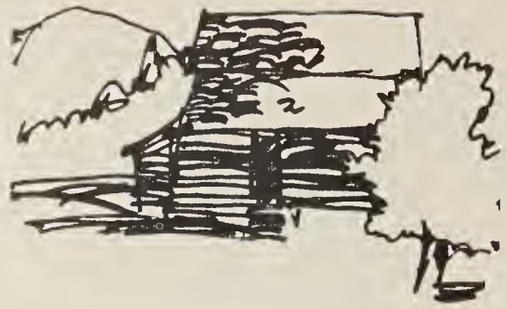
One relic from years past still serves a number of homes in Edgecombe and neighboring counties. It's the old-style privy, and actually poses less of a problem than a septic tank field in the wrong kind of soil. Some are well maintained – and privies are allowed under current ordnances in the county. The only recent requirement added is that it be 100 feet or more from the well or other water source.

Many of those interested in improving living standards believe that the future answer is community water systems, of the type that are increasing in number in North Carolina, and community sewage plants. The technology is now available to install sewage plants to serve several hundred homes in a subdivision, and the cost is becoming more reasonable.

So far, no community sewerage serves Edgecombe County, although such plants have been installed elsewhere in Eastern North Carolina. But this may be a future trend – and come in the very near future.

When it happens, those concerned with the quality of life will feel they made a substantial contribution.

Three in 10 Americans live in rural areas, and the nonfarm rural population is growing. Yet these areas have a lot of catching up to do—especially in income, housing, and health.



REALITIES OF BEING RURAL

Today's rural resident is more likely to be poor than the city resident, live in substandard housing, and have inferior health and education services.

Such conclusions come readily from statistical data—and they're accurate. But they don't paint the picture of rural living in very much detail. It's like asking someone "What's a congressman like?" They're all as different as the regions they represent—and as different as their backgrounds and drives.

Three out of every 10 Americans live in rural areas—either in open country or in towns of less than 2,500 people. Only one-fifth of these actually live on farms. Most of the rural population makes its living the same way the rest of the population does—as schoolteachers and electricians, salesmen and machine operators, policemen and doctors, carpenters and laborers.

The rural nonfarm population is growing at a faster rate than the national average or even the metropolitan average. In the 10 years since 1960, this nonmetro nonfarm population grew 19 percent while farm population declined 36 percent.

Nonmetro residents are more likely to earn low incomes than those living in the city, even though their per capita income is rising at a faster rate than in metropolitan areas. While manufacturing is the most significant source of income, farming accounts for about 10 percent of the income in nonmetropolitan areas.

Rural residents, too, are more likely to have fewer—if any—specialized medical services available to them, and fewer fully accredited hospitals and colleges than residents of an urban area.

Their homes comprise 60 percent of the Nation's substandard housing—while their population accounts for 30 percent of the Nation's residents.

They're finding local government problems increasingly difficult to handle, especially with an inadequate tax base to finance much-needed community services.

Let's take a closer look at these generalities—into the realities of being rural:

Three out of every 10 Americans live in rural areas. Around World War I, America began its great growth toward urbanization. While the rural population has remained fairly constant (54 million) through the last 50 years, urban population has grown from 54 million to 150 million. The proportions of the nonfarm and farm population in rural areas, however, have changed in those 50 years. Once, farm residents numbered three out of every five rural residents; now they number one in five.

The decline in agricultural employment—due chiefly to increased productivity—has been the main reason people have left farming to work either in rural nonfarm or urban areas. Those employed in agriculture now account for about 4 percent of our population—down from 12 percent in 1950.

About 5 percent have left the farm each year for the past 3 decades. Most have gone to the coast areas of the U.S., abandoning the Great Plains area in particular. Both North Dakota and South Dakota suffered a net loss in population in the decade from 1960 to 1970. The only other State to lose population was West Virginia.

He's more likely to be poor. The percentage of the poor was nearly twice as high for those living in nonmetropolitan areas compared to those living in metro areas in 1969.

The poverty level in 1970 for a

nonfarm family of four was $3,968 and for a farm family, $3,385. Per capita income in nonmetropolitan areas has been rising at a faster rate than in metropolitan areas for the past 40 years—although the dollar gap between the two has widened over the years. Per capita income for the farm population more than doubled in the 1960's, with nonfarm income now making up nearly half of the farmer's total income.

The Southeast—where per capita income is lowest—had the Nation's highest per capita income growth rate in the 1959–68 period, stimulated by increased employment in manufacturing and in government. The greatest acceleration in nonmetro income growth rate was in the Plains, rising from a rate of change of 2.9 percent in the 1950's to 6.2 in the 1960's.

Agriculture now contributes about 10 percent of nonmetropolitan personal income (down from 20 percent in 1950). And manufacturing, the largest single source of income, grew about twice as fast in nonmetropolitan areas in the past decade as it did in metropolitan areas. This reflects a predominance of blue-collar workers, lower land values and special tax incentives offered by small communities. Employment in construction, finance, insurance and real estate also grew at a faster pace in nonmetropolitan areas than in metro areas.

. . .And he's more likely to live in substandard housing This is true even though considerable improvement in housing conditions has been made throughout the U.S. in the past 20 years. Residents in nonmetro areas in 1950 lived in 65 percent of the Nation's substandard housing, compared to 60 percent today. This was a decline of 7.2 million substandard housing units. On a national level, 1 out of 14 housing units is substandard, down from about 1 in 3 in 1950. The decline in substandard units is closely related to rise in family income.

More than 10 million new housing units were built between 1950 and 1970 in nonmetropolitan areas—7 million replacing substandard housing, 1 million for new households, and nearly 2 million to replace homes abandoned or destroyed by fire, demolition, etc.

He's more likely to have inferior health and educational services than the city resident. Although rural areas compare well with urban areas in the availability of general practitioners and hospital beds, they're far behind in availability of special medical services. There are also fewer nurses, dentists and pharmacists per 100 persons than in the metro areas.

As might be expected, the highest rate of infant mortality in the U.S. is in the most rural and poverty-stricken areas. Fewer persons in nonmetropolitan areas carry hospital insurance than in metro areas, with farm people having the lowest proportion. This is primarily because of low income levels.

In education, the largest gap between rural and urban living is at the college level. A college graduate over a lifetime can expect to earn about twice as much as a person with an eighth grade education, yet there is a relative deficit in higher education in nonmetro areas. In 1969, among males between the ages of 25 and 54, 68 percent of those living in metropolitan areas had finished high school and 19 percent had completed college

This compared to 57 percent in nonmetropolitan areas having completed high school and 12 percent with a college degree. The greatest gap is among Negroes. In 1970 in the 25–44 year age bracket, fewer than 25 percent in the Negro farm population had completed high school

Nationally, total educational expenses are high—three times what they were 10 years ago While rural governments allocate the greatest portion of their revenues to education, they still are not able to match that spent by urban areas.

Rural areas spend around three-fourths as much per pupil as do urban areas. They usually have an inadequate tax base and an excessive number of local government units (rural areas have about one-fourth of the Nation's population and three-fourths of its units of government) Per capita, the nonmetropolitan communities also spend about 75 percent as much as metro areas on other services such as health and hospitals, police and fire protection, roads, sanitation, and welfare This gap is widening.

Main event for tailgate picnics is Warmup Chili-Chaser — a savory new stew, kept ready-to-eat in a heat-retaining casserole. Special treats are triangular Half-Time Hash Tarts (foreground), a brimming bowl of Blonde Banana Brownies (behind hash tarts). Add cheese and crackers, fresh fruit, potato salad, crusty breads and jugs of steamy warmers.

WARM-UP CHILI-CHASER

3 cans (1-1/2 lbs. ea.) beef stew
1 can (4 oz.) green chilis, chopped
1 jar (7-1/2 oz.) Italian sweet roasted peppers
2-3 Tbs. chili powder
Heat the stew in a large casserole and add the remaining ingredients. Cover and keep warm. Serve with crackers. Serves 6.

MADRAS CRACKERS

3 Tbs. smooth peanut butter
3 oz. cream cheese
2 Tbs. chutney, drained and chopped
1/4 tsp. salt
Crackers
Mix together thoroughly all ingredients and spread on crackers. Place another cracker on top to make sandwich. Yield: 3/4 cup of spread — enough for 10-15 sandwiches.

BANANA CHIFFON CUP CAKES

1-1/2 c. sifted all-purpose flour
1 c. granulated sugar
1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1 c. sour cream
1/2 c. fully ripe mashed banana
1/4 c. butter
2 eggs
confectioners' sugar
Blend dry ingredients. Add sour cream, banana, butter and eggs. Mix at low speed of electric mixer until blended, about one minute, or mix by hand with a spoon. Fill paper or foil-lined medium muffin cups 2/3 full. Bake in pre-heated 350 degree oven for 25-30 minutes. Cool. Sprinkle with confectioners' sugar. Makes about 24 cup cakes.

The Carolina Homemaker

FOR FOOTBALL FAN

The thwack of pigskin. The roar of the crowds. The thunderous crunch as the behemoths meet. Professional football is back — the seasonal mania for more than 100 million fans. And as any woman can tell you — even one who doesn't know a punt from a pass — football means food. Getting into the spirit of things, fans seem to get as hungry as if they were battling it out on the fields, themselves.

Keeping the armchair quarterbacks happy calls for clever culinary game planning. The wisest wives don't try to turn off the excitement; with sport-happy husbands, they wouldn't win, anyway. Instead, they turn on to the action with fall parties built around football, football, football!

Whatever the entertaining scene — a tailgate picnic, a stadium basket lunch, a gathering around the family TV or a pre-game outing outdoors in your own backyard — a hearty menu is a football must. A good beginning, in the direction of All-Pro Hostess honors, could be NFL Training Table Foods. The fact that they're football's own — the foods served to the pro players — seems to add an extra savor to football-watching afternoons.

Smack in the energetic, outdoor spirit of things are picnic foods. To get an outdoor party off to a good, warm start, include plenty of hot drinks. A surprise opening play

BLONDE BANANA BROWNIES

3/4 c. sifted all-purpose flour
3/4 c. granulated sugar
1/2 tsp. baking powder
1/4 tsp. salt
1/2 c. butter
1/2 c. fully ripe mashed banana
2 eggs
1/2 c. chopped nuts

Blend dry ingredients. Cream butter with banana and eggs. Beat until well mixed. Add to dry ingredients and blend thoroughly. Mix in nuts. Pour into a greased 8x8x2-inch pan. Bake in pre-heated 350 degree oven for 30-35 minutes. Cool and cut into 16 squares.

HALF-TIME HASH TARTS

1 1/2 c. corned beef hash
1/3 c. sweet pickle, finely chopped
1/3 c. mayonnaise
1 Tbs. chopped green onion
5 drops hot pepper sauce
2 cans (8 oz. ea.) refrigerated crescent dinner rolls
3 Tbs. butter or margarine
1 egg
1 Tbs. cold water

Mix hash, pickle mayonnaise, onion and pepper sauce. Separate the triangles of refrigerated dough; spread eight generously with butter or margarine and place, spread side down, on baking sheet. On top of all sixteen triangles spread remaining butter or margarine to 1/4 inch from edges. Evenly divide hash filling among eight triangles of dough on baking sheet. Beat together the egg and water; brush edges of dough with the egg wash. Place the remaining triangles on top of the hash filling, spread side down, pressing the edges of the dough together. Brush the tops of the eight resulting "sandwiches" with egg wash. Bake in preheated 375 degree oven for 20 minutes. Take to game in insulated container.

Bread Bowl salad (foreground) begins a basket lunch that's as easy-do at the stadiums as it is in your own backyard. After lunch, everyone adjourns to the family TV; no bother with elaborate indoor entertaining.) A basket of Madras Crackers (right, behind Bread Bowl) and Banana Chiffon Cup Cakes are the "must" snacks and sweets; Add fruit, jugs of hot coffee and tea and you're ready to eat!

A Culinary Game Plan

could be Beefamato Bracers. Just mix a bouillon-base tomate drink with egg - one egg per cup - add Worcestershire and Tabasco to taste, blend or beat until frothy, heat gently and pour into a thermos until ready to serve.

Main dish choices are a matter of the weather, the place and the type of picnic you're planning. A tailgate picnic on a brisk day calls for a savory stew; for a change-of-taste treat try Warmup Chili-Chaser. If the weather's on the warmer side, build a basket lunch around a hearty Bread Bowl salad. To make a Bread Bowl, cut the top off a round loaf and scoop the bread out of the bottom half. Butter the resulting "bowl", line with lettuce and fill with a meaty salad. To serve, slice wedges of bread and salad, and cover with a slice cut from the top of the bread. Result: a football "hero."

Whatever the main event, snacks and desserts are a must; they're the finger foods you'll be munching on throughout the game. Good new ideas include Half-Time Hash Tarts and Madras Crackers. For the sweet side of things, game-watchers will enjoy Blonde Banana Brownies and Banana Chiffon Cupcakes.

Good eating! A good game deserves it!

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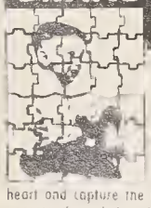

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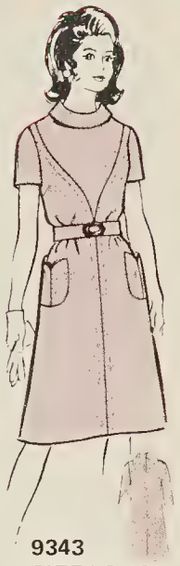
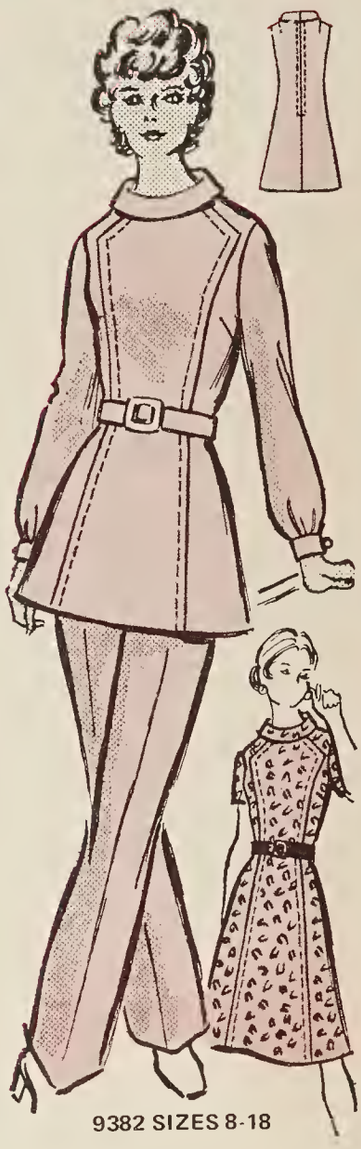
8-18



9343
SIZES 8-16



9382 SIZES 8-18

9305
SIZES 10½-20½

9379
SIZES
2-8

4615
SIZES 10½-20½

Pattern No. 9305 is cut in sizes10½, 12½, 14½, 16½, 18½ and 20½
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N.Y. 10011. For first class mail, add 15 cents
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KITCHEN CORNER

Mrs. Linda Lee Cowan, an Home Economics graduate of UNC at Greensboro, and third grade teacher writes of her recipe for Refrigerator Rolls: "This recipe is unique in that it was given to me by the owner of a large hotel in eastern N.C. For years and years people had been trying to get her to give out this recipe, but she wouldn't. The rolls were so good that people would stop at the hotel just to eat them hot with coffee. She was very old when she finally told me the recipe with the understanding that I would not let anyone know it until her death (she died in 1970). The real beauty of this recipe is the length of time the made-up mixture can be kept — just using a little at a time as you need it."

Mrs. Cowan who is served by both Four County and Pee Dee EMC's, writes that she hopes we will enjoy this recipe as much as she has.

If you have a favorite recipe that you would like to share through this column, send it to: Brenda Sargent, Kitchen Corner, P.O. Box 1699, Raleigh, N.C. 27602. Tell us something about the recipe, your family and give us the name of your electric membership corporation. We pay $2 for the recipe chosen monthly for this column.

REFRIGERATOR ROLLS

Submitted by Linda Lee Cowan,
Rt. 2, Box 93, Polkton

1/2 c. hot water	1/2 c. lard
1/2 c. warm water	1/4 c. sugar
3 c. plain flour	1 egg
1 pkg. yeast	1 tsp. salt

Soften lard in hot water. Add sugar and salt. Dissolve yeast in warm water and add egg. Mix well all together and add flour. Beat well. Place in refrigerator to chill (dough will be soft until it chills). Make out one hour before bakig (or enough time to double dough, time depending on temperature of room) Bake at around 425 degrees for 10 to 15 minutes or until done

May be kept in refrigerator for two or more weeks using only amount needed.

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CONSUMER NEWS

This article has been prepared with the assistance of the North Carolina State Attorney General's Consumer Protection Division. If you have a complaint or information about unfair or deceptive trade practices, notify the Consumer Protection Division, Office of the Attorney General, P.O. Box 629, Raleigh, North Carolina 27602.

WATCH FOR DECEPTION IN LAND DEVELOPMENT PROMOTIONS. Many people have been attracted by advertisements for new land developments. Some are looking for a vacation spot, and some are planning for retirement. We adivse anyone interested in buying a lot in a new development to use caution and to avoid a hasty decision. Some vacation and retirement developments are legitimate business enterprises, and offer buyers the promised facilities and a good investment. However, many people have been victimized by fraudulent land development schemes and fast-buck operators.

Some people have lost money by investing in a development that went bankrupt before the developers completed the promised facilities. In many cases time payment buyers only get contracts, and not deeds to the land. The land doesn't legally belong to the purchaser until the contract is paid in full. Some developers take the purchasers' money and then leave the state. The buyers are left with payments to make and land that does not have the promised facilities.

Some development companies' salesmen reportedly use high-pressure tactics to get people to sign contracts. One company put prospective customers in cars having radio contact with sales office. While driving over the development, the customers heard excited reports of fast sales. This deceptive practice led many people to buy in haste.

Some developers represent to prospective buyers that recreation facilities, roads, water, and sewer lines will be installed. The advertisements, and the promises of the salesmen, may not become a part of the contract, however, buyers may later find they are responsible for the cost of the installation, and the upkeep of such facilities.

Developers who sell to residents of more than one state are required to file a property report with the Department of Housing and Urban Development. This report must be made available to prospective customers. It tells such things as the existence of liens on the property, the availability of recreation facilities, the availability of sewer and water service, soil and foundation conditions which could cause construction problems, and the type of title a buyer will receive.

The Consumer Protection Division warns people who respond to these ads to be prepared for a high-pressure sales pitch. It is not advisable to sign a contract then and there. Go home and think it over. Read every word of the contract, and be sure you understand all of it before you sign. If you believe you have been the vicitim of fraud or misrepresentation, or if you see what you believe to be deceptive advertising of land developments, please notify our office.

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BEST OF BOOKS

THE GOVERNOR. By Nancy and Bruce Roberts. McNally and Loftin, Charlotte. 142 pages. $5.95.

"I have just received the Great Seal investing in me the power of the Office of Governor."

Thus began the first letter – and the first official act – of the 67th Governor of North Carolina, Robert Walter Scott. The letter was written to his son, Kerr, and it speaks of the rich Scott heritage of service, of the Governor's hopes for his administration, and of his dreams for his son.

With this letter, Nancy and Bruce Roberts open the curtain on a warm and intimate portrait of the dynamic young man who is just completing his term as Tarheelia's Chief Executive, following his father in the use of the Great Seal by some 20 years.

The Roberts have staged a fascinating drama around the awesome responsibilities, the plaguing frustrations, the constant, pressing demands made on the man who lives in the gingerbread house on Blount Street.

The scenes of the drama take us to Central Prison, a National Governor's Conference, to a homecoming at an 18th Century church, for a visit with his children. Another act treats the reader to behind-the-scene maneuvering to win support for the Governor's reorganization plan, to staff meetings with key administration aids, to a possum dinner.

While the Roberts are journalists and not historians (a fact which the reader should keep in mind), they have done a great service in exploring the unstructured job of "Governor." By so doing, they have, perhaps, engendered a better understanding of and appreciation for the man who holds this very difficult position.

So artistically have the Roberts painted (both with camera and typewriter) the portrait of North Carolina's charming first family, that one would wish their continued chronicling of the activities of future heads of state.

Rebekah Rivers

POET'S CORNER

VERSES FROM OUR READERS

A Day To Remember

I went to visit Mom and Dad today,
Had many nice thoughts along the way.
When I arrived the lunch was spread,
Consisting of milk and warm cornbread

After lunch we went for a walk
And I enjoyed our little talk.
We watched the birds of blue and red,
You could see that they were well fed.

I set Mother's hair, so pretty and gray;
Dad said it looked very good that way.
I hemmed her skirt with joyful glee,
But she said, "No, not above the knee!"

Dad gave me some pecans, fresh from the tree,
Mom said, "Bake a big nut cake just for me."
Then as the sun was going down,
I headed home, which is a nearby town.

Mrs. Andy Davis
Lenoir

Fall's Sport

Where do all the husbands go in the fall of the year?
When the leaves are gold,
And the air is crisp,
Warning, winter's cold is near?
Out in the field,
Hid in a tree,
Straddling fences,
Bumping a knee,
Noses running,
Hands freezing from cold
Hunters, all, hunters brave and all bold
Come home from the woods,
Come home to the fire.
Tell me stories only a fisherman could admire.

Virginia Jones
Rt. 3, Burlington

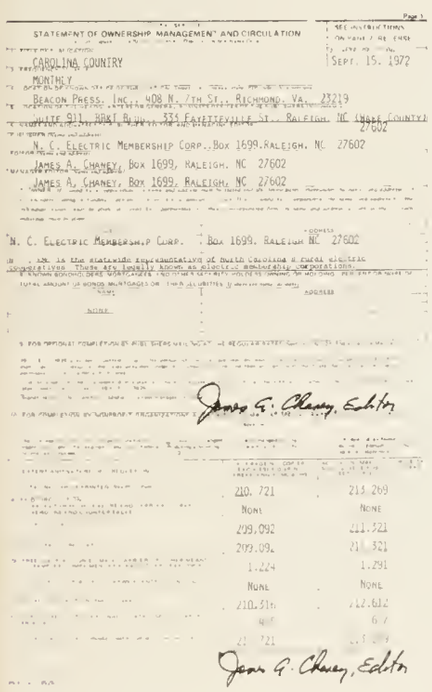
Corn Husking Time

When corn is gathered and put in line
Everyone knows it's corn-husking time.
Lanterns are hung high on the will.
Children whispers the corn-huskin' call

Chatting and singing as the corn is husked
Is the beginning when it turns dusk.
Throwin' corn and having fun,
Seems you have husked nearly a ton.

Corn is husked and time to eat.
Running to see which one will beat.
Table is set and coffee is on.
Everyone sings a thank you song

Joann Denton
Morganton


STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

CAROLINA COUNTRY

Sept. 15, 1972

Jones G. Chaney, Editor

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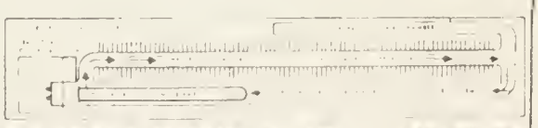

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"How Can A Girl Assert Herself With Others And Be Admired More For It?"

"If a girl really wants to assert herself among others, she should definitely be strong enough to accept any harassment that just might come from trying. But in all cases she should be natural with those around her. There is no way that she will be able to defend her rights and opinions and come out ahead if she puts on a front just to impress someone. By being natural and strongly believing in whatever she is asserting, she'll be admired and no one will be able to say she wasn't truthful about her actions. She should let people know that she wants to be accepted for herself only and that if she didn't agree with what she was doing, she wouldn't be doing it in the first place."

Karen Spence
Rt. 2, Box 202-A
Hertford

Karen is a senior at Perquimans County High School. Her hobbies are reading, sewing and basketball. Her parents, Mr. and Mrs. William H. Spence, are served by Albemarle EMC.

"It is not always easy for a girl to successfully assert herself. Even in this modern age, girls are restricted from voicing their opinions as freely as boys. I believe women's lib has carried its force to the extreme. In an effort to successfully assert ideas of women, they have been too pushy. Force might work for a man, but a woman succeeds better if she uses inductive reasoning. To assert our ideas we must introduce them with the type of reasoning that brings support to our causes. It does take a certain amount of force to get people to listen, but this force should be combined with an explanation. If we use this method, inductive reasoning, we will get our ideas accepted and respected.

Linda Cole
Fleetwood

Linda is a senior attending Beaver Creek High in Ashe County. She enjoys writing and sports. Her family is served by Blue Ridge EMC.

"How can a girl assert herself with others and be more admired for it? By joining and binding; declaring and affirming; maintaining and defending; by being sympathetic, kind, truthful, forbearing, ready to help those in need; and by loving and being cheerful."

Danna Ray Chrisco
Seagrove

Danna is 12 years old and likes to help his grandfather drive his tractors when out of school. He also enjoys hunting squirrels, football games, and riding his Honda. Danna's parents, Mr. and Mrs. Ray Chrisco, are served by Randolph EMC.

"A girl can assert herself better with a crowd if she is her own "well together" person. She will always be admired more if she is the same person that she has always been."

Estella Edwards
Rt. 5, Box 216
Chapel Hill

Estella is 15 and a sophomore at Chapel Hill Senior High. Her hobbies include swimming, basketball and dancing. Her family is served by Piedmont EMC.

TEEN ROUNDTABLE

"How do teenagers feel about Women's Liberation?"

This question was submitted by Katrinia Ann Adkins of Route 4, Box 317, Burnsville. Katrina is 14 and her favorite hobbies are writing poetry, reading and animal watching. Her parents, Mr. and Mrs. Glenn Adkins, are served by French Broad EMC.

If you have a good answer, send it to THE TEEN ROUNDTABLE, Carolina country, P.O. Box 1699, Raleigh, N.C. 27602 at once. Tell us a few facts about yourself – your age, school, hobbies, etc. Include your parents' name and the name of the electric membership corporation serving you. If your answer is published, we will send you $5.
If you want to submit a question, send it along and for each one used the sender will get a $5 check.

CAROLINA PANORAMA

When the General Assembly passed a law prohibiting open-burning at public dumps, communities were forced to find alternate methods of disposing of trash and garbage. Two adjacent counties took different approaches to solving their problems.

In Bladen County, 100 green containers, each with a four-cubic-yard capacity, were placed throughout the county at convenient locations. A county-owned truck collects refuse deposited in the containers on a regular schedule. The truck picks up the containers, empties them in its back, and compacts the contents.

The truck then dumps the solid waste in the county's new 33-acre sanitary landfill. Elizabethtown, the county seat, has its own garbage collection system and uses the county landfill, too.

In neighboring Sampson County, the same landfill concept is used, but intead of having containers scattered throughout the county, local officials established seven landfill sites.

With landfills convenient to their homes, Sampson County residents gladly use them. Roadside dumps are disappearing as clean-up crews remove debris from along roads and citizens use the new landfills.

The establishment of these two solid waste disposal systems was the joint undertaking of the county governing bodies, the State Health Department, the Farmers Home Administration, which provided technical assistance and financing through loans and grants, the Soil Conservation Service which made land surveys to make sure proper sites were selected, and other State and Federal agencies. Other agencies from which assistance now is available include the Environmental Protection Agency and the Department of Health Education and Welfare.

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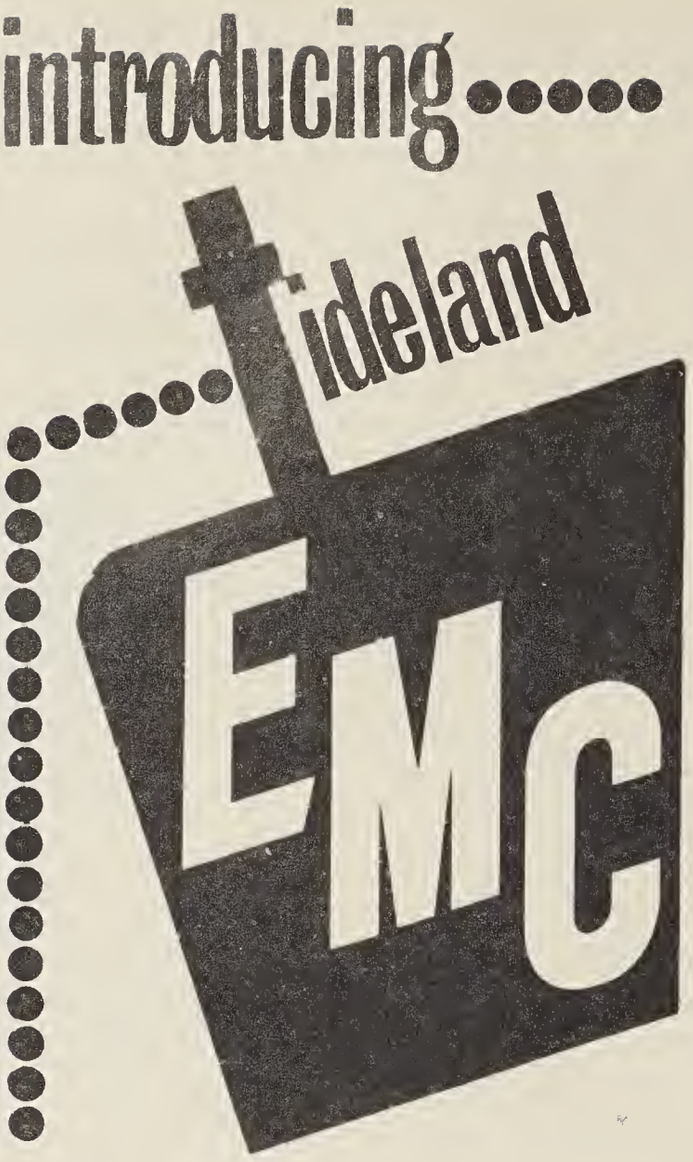

The ever-changing tide rises and falls on sandy beaches and sloping river banks along Eastern North Carolina's shoreline. The Pungo, Pamlico, and Neuse Rivers run crookedly to carry the tide miles inland to wash the sand at Minnesott and Pamlico Beaches.

Early Indian tribes may well have referred to this land as "the land of tides." At any rate, "tideland" seems an appropriate name for the area, and serving in the very heart of it is North Carolina's newest electric cooperative — Tideland Electric Membership Corporation.

Tideland EMC was born January 1, 1972, when Woodstock EMC and Pamlico-Beaufort EMC combined to form one electric cooperative.

Woodstock EMC was chartered in 1941 and served 4,100 member consumers in Beaufort, Hyde and Washington counties. Its headquarters was in Grantsboro.

Pamlico-Beaufort EMC was also chartered in 1941 and served 3,700 consumers in Pamlico, Beaufort and Craven counties from its Grantsboro headquarters.

Tideland EMC serves an area from the Neuse River on the south running north almost to the Albemarle Sound. Over 1,150 miles of line serve the thousands of acres of rich farmland and miles of scenic shoreline.

Pantego serves as the general headquarters of Tideland EMC and the Grantsboro facility serves as a district office.

Glenn A. Carowan, who served as manager of Woodstock EMC since June, 1969, is the chief executive of the new five and one-half million dollar business.

Carowan is a native of Pantego, and as he says, "one of the few who can say they were born between the sign posts." (They are rather close together!)

"The two systems were combined to provide better service to our members," said Carowan. "It will cut down on operating costs in terms of personnel and better utilization of equipment, especially right-of-way equipment and bucket trucks."

Early in 1971, Carlos Holton retired as general manager of Pamlico-Beaufort EMC due to illness. Holton was elected a director of the cooperative in 1948 and became manager in 1964 when Manager Donald Rice left to become manager of Cornelius EMC in Piedmont North Carolina.

Carowan served as Acting Manager of Pamlico-Beaufort effective September 13, 1971, until the two systems were merged effective this year.

All employees from both cooperatives were retained and the new Tideland board is made up of 18 men - 9 from each of the two former systems.

Present board members as of October 1 were: Jack D. Brinson, Arapahoe (president); J.W. Allen, Jr., Rt. 1, Plymouth; Delmer Alligood, Rt. 4, Washington; Jimmy Brinn, Rt. 2, Belhaven; Vernon Canady, Pantego; Kenneth Gray, Rt. 1, Scranton; Cecil Lilley, Bath; Waverly Paul, Rt. 1, Pantego; Jerol Selby, Rt. 1, Bath; Malvin R. Respess, Pantego; L.M. Broome, Aurora; A. Graham Lane, Ernul; George Lupton, Jr., Arapahoe; Mayhew Potter, Hobucken; Clyde Murray, Arapahoe; Linwood Cayton, Aurora; Theodore R. Slade, Merritt; and W.B. Smithwick, Blounts Creek.

Glenn Alfred Carowan was born November 9, 1925 in Pantego the son of Clarence B. and Gladys Judkins Carowan. He was named after a buddy of his father, both of whom served in World War I.

His father was a farmer and his mother worked with the National Youth Administration (1936-1942) which employed young people in a 14-county area to make such things as mattress and furniture.

Carowan has two brothers, Clarence B. Carowan, an insurance agent in Washington, N.C., and Aderian, manager of Wachovia Bank in Pantego.

He has two sisters, Mrs. Etta Buckman of Washington, N.C., and Mrs. Zalia Fowler, a High Point schoolteacher.

Carowan is married to the former Lillie Jordan of Belhaven. They were married December 18, 1948 in the Belhaven Baptist Church. They have two sons. Glenn, Jr. 21, is a graduate of N.C. State and is working with the U.S. Interior Dept. at a wildlife refuge in Florida. Arthur, 17, is a freshman at N.C. State University.

Glenn was only four years old when his family left Pantego for a farm in Terra Ceia — not far from Pantego.

He attended elementary and high school at Pantego, finishing in 1943. The Army drafted him in January of 1944, and he served with the 66th Infantry Division of the 3rd Army.

After basic training in Florida, Carowan toured the world no less as he visited seven counties (England, France, Holland, Germany, Austria, Czechoslovakia, and Switzerland). It wasn't the most pleasant tour, however, since he

Glenn A. Carowan, general manager of Tideland EMC, with Jack D. Brinson, Tideland EMC board president.

served in France and Germany, on the front lines from October, 1944, to May, 1945. He was decorated with two Battle Stars as squad automatic rifleman.

Tired and disillusioned with war, Carowan returned home in 1946 – honorably discharged as Corporal – and bought a farm in Terra Ceia.

He worked the rich, black soil in Beaufort County as a grain farmer for the next nine years – perhaps attempting to forget the sickening sounds of war. But in 1955, he began working for Woodstock EMC in Pantego and manager Bill Bulluck.

Carowan was Woodstock's line superintendent in 1964 when he left the cooperative and began working for Beaufort-Hyde Motor Company in Belhaven as shop and parts manager.

When Bill Bulluck retired as Woodstock's manager in May of 1969, Carowan was selected the new chief executive. He became the second manager of Woodstock since its inception. Bulluck had helped organize the cooperative and had served as its only general manager since 1941.

When Carowan became manager of Woodstock, he also became manager of Tri-County Telephone Membership Corporation, serving some 1,100 consumers in Beaufort, Hyde and Washington counties. However, Tri-County entered into a management contract with Star Telephone Membership Corporation in Clinton on November 1, 1971 due to Woodstock's and Pamlico-Beaufort's merger.

The Carowans live in Terra Ceia on the farm Glenn bought when he returned from the service. He has rented the land since 1955.

Active in civic and community affairs, Carowan is a member of the Pantego Ruritan Club, serves on the Board of Directors of Pungo Christian Academy, and is a deacon and Sunday School teacher.

Tideland's service area is a hunting and fishing paradise. Carowan takes advantage of the nearby Mattamuskeet Lake in Hyde County, which attracts sportsmen from all over the country, to fish for trout, bass, and rock and to hunt quail, geese, ducks, and deer.

Hyde County also offers the Pungo National Wildlife Refuge which is served by Tideland EMC.

Inland water recreation, summer cottages, retirement homes, and summer camps – all these are serving to supplement the predominant agricultural economy of the area.

Tideland serves Camp Sea Gull (YMCA), Camp Seafarer (YMCA), Camp Don Lee (Methodist), Camp Carolina (Christian), Camp Hardee (a girl Scout camp), Camp Bonner (BSA), and the Minnesott Golf and Country Club and Washington Yacht and Country Club.

Carowan, a thin six footer with a boyish grin, spoke about the ever increasing demand for electricity by consumers.

"The demand for electricity is rapidly growing greater than the supply," he said. "The leaders of this country are going to have to take action soon. And then there are the environmentalists fighting against new generating sites.

"We need to promote the non-waste of electricity and the need to conserve it," he added. "EPIC (Electric Power In Carolina) will be the salvation for North Carolina." EPIC is the joint plan of municipal systems and electric cooperatives to own their own generation and transmission facilities, the feasibility of which is presently being studied.

"Tideland's growth in future years will be in recreational fishing and hunting and retirement homes," said Carowan.

And when time allows for the chief executive of a new five and one-half million dollar business, a native son will enjoy the home attractions of an area many people will travel hundreds of miles to experience.

Ed Brown, Jr.

HALE

Soaring Prices

A man told his butcher: "I just got your bill, and you made a mistake. I ordered a rolled roast, not a Rolls Royce."

The Train That Didn't Stop

A tired man was on a train station platform one night waiting for his regular train. Because of some small emergency, a nonstop express made an unscheduled halt at the station. The man quickly stepped aboard.

But the conductor snagged him by the coat sleeve and said: "You can't get on here. This train doesn't stop here."

"Very well then," the man replied. "Just pay no attention to me. If the train doesn't stop here, then I'm not on it."

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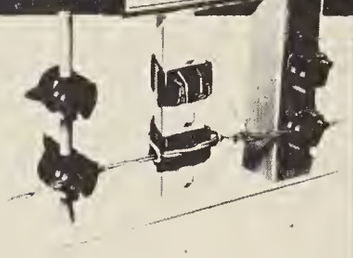

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One glass of water is healthy to drink. The other is contaminated by sewage pollution. Can you risk a drink from this one?

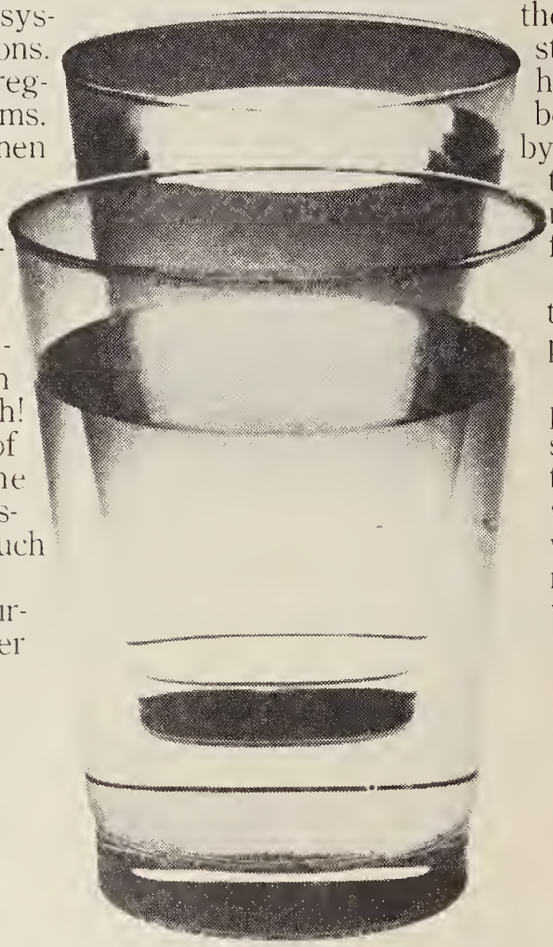
Throughout North Carolina, rural communities are experiencing sewage pollution. Those hardest hit by contamination problems are persons using small water and sewer systems serving less than ten connections. The State Board of Health has no regulatory control over such systems. Another serious problem occurs when neighborhoods discover, often too late, that proliferation of septic tanks and poor soil absorption conditions have led to contamination of their water.

Consumption of sewer-contaminated water is a serious health problem. One that can result in death!

The answer to this problem of sewage pollution is obvious. The counties need water and sewer systems on a par with the cities. But such a solution is complex. Where does the large sum of money needed to fur- county-wide water and sewer system come from? No one wants higher taxes!

Studies have been made and more are underway to help counties find solutions to their water and sewer problems. *The Clean Water Bond Act,* recently passed by voter referendum, will supply $150 million for water and sewer development in the state. But this is only a small start in the right direction. It is hoped that over $800 million can be generated from other sources by this money. Agencies such as the Economic Development Administration can make grants for water and sewer systems. And Farmer's Home Administration makes loans for such projects.

You can play an important part! Let your county commissioners know that you are interested in a plentiful and safe water supply. Or write us and we will send you further information on water and sewer development.



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